

Elevate Mental Health: Ketamine Therapy for Depression in NYC

Feelings of sadness can be a normal part of the human experience, but these emotions become overwhelming and persistent for some individuals. When this happens, the person may be dealing with depression, a mental health disorder that affects millions worldwide. If untreated, the symptoms can escalate, sometimes with dire consequences. Fortunately, ketamine therapy for depression in NYC offers a unique and innovative approach to managing these intense emotions.

What sets ketamine therapy apart?

Traditional depression treatments often focus on managing symptoms rather than addressing the root neurological causes. This symptom-focused approach can lead to a relapse when treatment ends, and some prescription medications even pose the risk of addiction or other mental health complications. Ketamine therapy for depression in NYC, on the other hand, targets the neurological origins of depression. It promotes the healing of damaged neurons and fosters the development of new neural pathways, contributing to better mental well-being.

Is ketamine therapy a safe option?

Approved by the FDA in 2019 for treating depression, ketamine therapy for depression in NYC continues to demonstrate its effectiveness and safety. It has been shown to act quickly, offering almost immediate relief from thoughts of suicide and depressive symptoms. Moreover, the benefits of ketamine therapy persist even after the medication has left the body, according to the latest clinical research.

How does ketamine therapy work?

Ketamine therapy for depression in NYC focuses on rewiring the brain, targeting the psychological causes of depression to improve overall mental health. The treatment can also alleviate associated symptoms like anxiety and fatigue.

During a session, the ketamine is administered either intramuscularly or intravenously over a period of 40 to 60 minutes. Patients remain conscious throughout the procedure and are able to communicate despite being in an altered mental state. This makes ketamine therapy not only effective but also a safe and calming experience that doesn't adversely affect the respiratory system.

Take the next step in treating your depression.

If you're grappling with persistent feelings of depression and are looking for an alternative treatment that addresses the root causes, ketamine therapy in NYC may be the right option for you.

And if you're considering [ketamine therapy for depression in NYC](#), Ketamine Wellness is here to help. Schedule an appointment online or call us at 516-284-4829.